

Certification

Upon graduation students receive the Certificate of the the International Sivananda Vedanta Yoga centers, entitled Yoga Siromani.

Officially certified by the Yoga Alliance, for the 200 standard for registered Schools (RYS).

For more information visit www.sivananda.eu/en

GUEST OF HONOUR

SEPTEMBER 11–17
EASTERN WISDOM MELODIES
SRI VENUGOPAL GOSWAMI,
Radha Raman Temple, Vrindavan,
North India



Readings and discourse from the classical yoga scripture Bhagavatam on the journey to the meaning of life. The storytelling, poetry, music and philosophy uplift heart and mind in equal measure.

Sri Venugopal Goswami, comes from a spiritual tradition dating back more than 500 years. He spent many years studying under the world-famous indian vocalist Pandit Jasraj.

With live music: harmonium, vocals, bamboo flute, shanai oboe and tabla.



For more information:
www.sivananda.eu/en
polandregistration@sivananda.net

Sivananda Yoga Vedanta Center Berlin
Tel: +49 30 85 99 97 98

Prices for tuition, room and board

For residents of Western countries: €2,250. For Eastern European nationals residing in an Eastern European country: €1,400; Belarus: €1,200; Russia, Ukraine: 10 scholarships at €1,050 each: This price is valid for the first 10 registrations received with a downpayment of €600. For all other registrations: Russia €1,400; Ukraine €1,200.

The mentioned prices are valid only for the shared room (3–4 people). For the prices for single and double rooms, please visit www.sivananda.eu/en

What to bring

TTC books "The Complete Illustrated Book of Yoga" by Swami Vishnudevananda, "Sivananda Home Practice Companion" and "Bhagavad Gita" with commentaries of Swami Sivananda. **Other:** yoga mat, cushion, blanket, torch, comfortable shoes, warm clothing. Please note that the kriya material is not included in the course fee.

Helpful reminder: In order to maintain the proper atmosphere, no meat, fish, alcohol, tobacco, coffee, black tea, eggs, drugs and revealing clothing are not allowed.

INTERNATIONAL GUESTS

SEPTEMBER 11–17
YOGA INSPIRATION



Lecture with
Swami Durgananda
Yoga Acharya
Swami Durgananda is a senior student of Swami

Vishnudevananda and director of the Sivananda Yoga Vedanta Centres in Europe.

SEPTEMBER 11–17
SUMMER SCHOOL
FOR YOGA TEACHERS



with Swami
Sivadasananda
and other swamis
and senior teachers

Open for graduates of the Sivananda Yoga Teachers' Training Course. Deepen your vision, expand your knowledge, fine-tune your skills.

SEPTEMBER 5–7
INTRODUCTION TO AYURVEDA
with Angela Hope-Murray



Angela Hope-Murray, D.O. has been a practitioner of complementary medicine for over 30 years. Lectures and cooking workshop.

SEPTEMBER 19–22
INDIAN TEMPLE CEREMONIES
with a traditional Southindian priest



The colours, sounds, aromas and gestures of the traditional temple ceremonies (Pujas) help clear the mental atmosphere and create a strong meditative vibration.

SEPTEMBER 28–30
INDIAN DANCE
with Rajyashree Ramesh



Rajyashree Ramesh is Master of the classical South indian temple dance, Bharata Natyam. Lecture, workshop and performance.

INTERNATIONAL SIVANANDA YOGA TEACHERS' TRAINING COURSE POLAND, BALTIC SEA



8–24 SEPTEMBER

Yoga Vacation program

All levels
Free choice of dates (EN, PL)

11–17 SEPTEMBER

Summer School
for yoga teachers

with a wide choice of workshops
www.sivananda.eu/en



Founder
Swami Vishnudevananda,
Since 1957

SEPTEMBER 2 – OCTOBER 1, 2017

Ustka, Poland · Fully certified four week residential course
Taught in English, with translation into PL, RU, LT

Tel. +49 30 85 99 97 98 · www.sivananda.eu · polandregistration@sivananda.net



INTERNATIONAL SIVANANDA YOGA TEACHERS' TRAINING COURSE (TTC)

401 training units
(45 minutes each)



Swami Sivananda (1887–1963)

The spiritual strength behind the Sivananda Yoga Vedanta Centers, and regarded as a modern-day saint. His teachings are a synthesis of all yoga paths.

Swami Vishnu Devananda (1927–1993)

Disciple of Swami Sivananda, founder of the International Sivananda Yoga Vedanta Centers and author of the classic "The Complete Illustrated Book of Yoga".

- First yoga teacher training in the West, since 1969
- Theory and practice of all aspects of yoga
- More than 1,000 graduates each year

TTC Curriculum

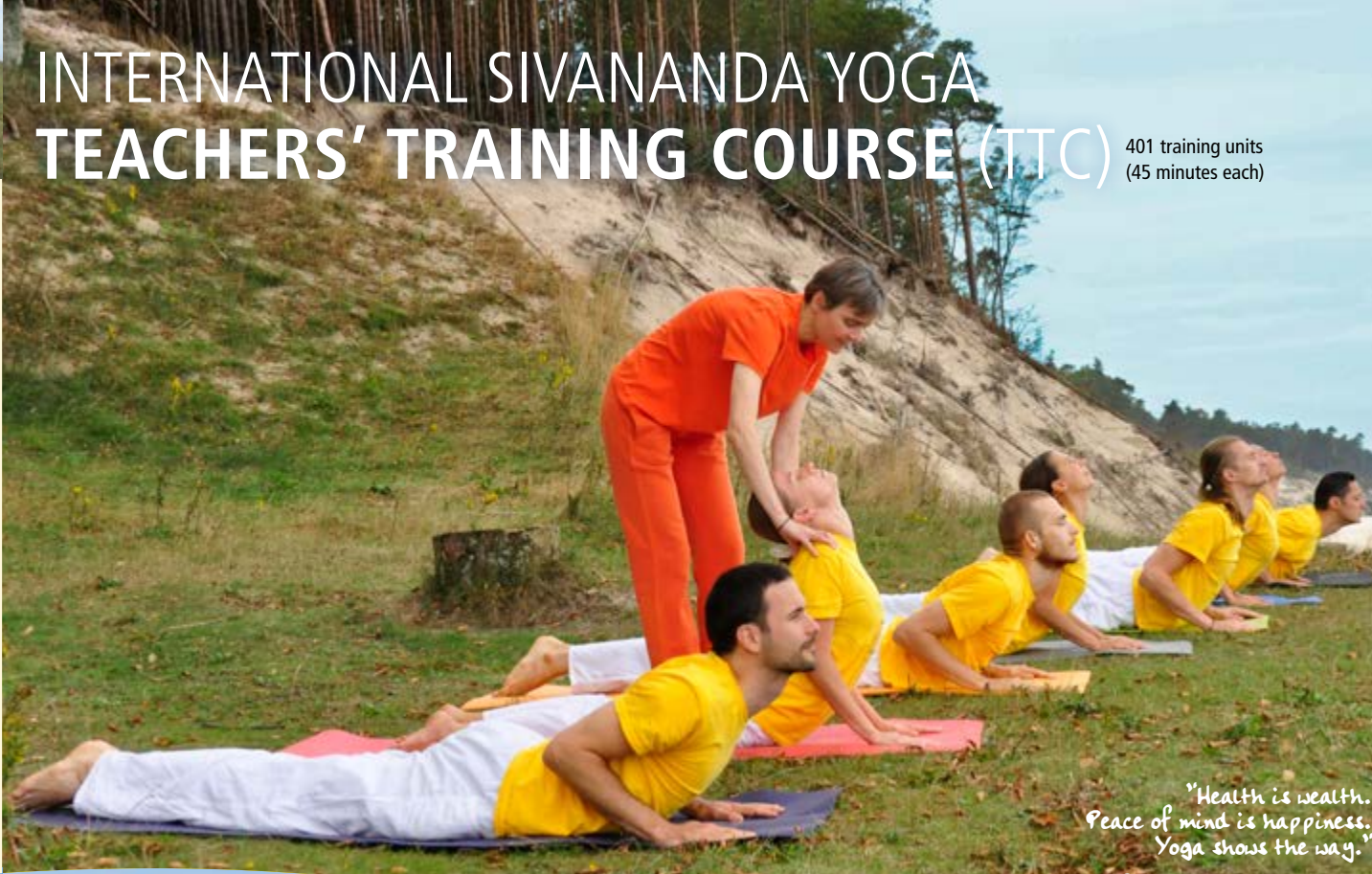
The extensive curriculum is based on the five points of yoga of Swami Vishnu Devananda:

- Proper exercise (Asanas)
- Proper breathing (Pranayama)
- Proper relaxation (Savasana)
- Proper diet (vegetarian)
- Positive thinking and meditation (Vedanta and Dhyana)

Yoga Asanas · Pranayama · Kriyas · Meditation · Mantras · Kirtan · study and practice of the four yoga paths · Bhagavad Gita · anatomy & physiology · vegetarian diet · teaching practice
For details visit www.sivanada.eu/en

"Yoga is a system of integral education, not only for the body and mind, but also for the inner spirit."

Swami Sivananda



"Health is wealth. Peace of mind is happiness. Yoga shows the way."
Swami Vishnu Devananda



Swami Sivadasananda Swami Bhagavananda Swami Gokulananda Swami Vasudevananda

The course instructors

The course is taught by experienced Swamis and senior yoga teachers of the Sivananda organization.



Daily schedule

5.30 am: Wake up **6 am:** Meditation, mantra chanting, lecture or silent walk
8 am: Asanas and pranayama **10 am:** Brunch
11 am: Karma Yoga (service to the community)
12 pm: Bhagavad Gita or chanting class
2 pm: Main lecture **4 pm:** Asanas, pranayama
6 pm: Dinner **8 pm:** Meditation, mantra chanting and lecture **10 pm:** Lights out

Attendance to all activities is mandatory. Changes in the program may occur.

Venue

The course will take place at the Centre for Education and Vacation Lesnik, located in Orzechowo Morskie. Lesnik is a modern hotel, 200 m from the beach, situated on a large piece of land. The nearby viewing tower offers breathtaking views of the Baltic Sea, its dune coastline and surrounding forests.
www.orzechowo-morskie.pl

Location

Orzechowo Morskie (5 km east from Ustka and 115 km west from Gdansk) is a quiet place set in a beautiful, pristine forest on the Baltic coast. The sea with its sandy beaches is just 200 m away and the dunes provide a peaceful setting for walks. Fresh air and panoramic views over the water may be enjoyed everyday.

How to get to Ustka

By plane: direct flights to Gdansk airport from Frankfurt, Munich, Hamburg, London.
From there Yogi Bus to Orzechowo Morskie (about 115 km). Yogi Bus will be organised on Saturday 2nd September leaving from the Gdansk airport at 17h.

By car: from Warsaw, take highway A7 to Gdansk. From Gdansk direction Slupsk with the A211 and then to Ustka with A210. Then 7 km to the East to Orzechowo Morskie.

Enquires and registration for Yogi Bus: polandregistration@sivananda.net

Practical information

Teaching language: English, Polish, Russian, Lithuanian with modern wireless translation system.

Qualification for admission: the intensity of the training requires a high degree of discipline and commitment, but previous mastery of yoga practices is not necessary.